

# ASU Prep Academy High School February Lunch Menu



Grab -N-Go  
Entrees

**Monday**

Turkey & Cheese Sandwich

**Tuesday**

Chicken Caesar Salad

**Wednesday**

Jr Italian Hoagie

**Thursday**

Chef Salad W/ Turkey Ham, Turkey & Cheddar w/ WG Roll

**Friday**

Turkey Ranch WG Wrap

2	3	4	5	6
Chicken Nuggets W/Roll  <i>Fries</i>	Three Cheese Lasagna W/ Breadstick  <i>Mix veggies</i>	Crispy Chicken Sandwich  <i>Carrots</i>	Macho Nachos  <i>Pinto Beans</i>	Cheeseburger  <i>Fresh veggie Medley</i>
9	10	11	12	13
Turkey Corn Dog  <i>corn</i>	Chicken Nuggets W/Roll  <i>Sweet Potatoes Fries</i>	BBQ Riblet W/Roll  <i>Peas</i>	Pancakes W/Sausage & Syrup  <i>Tator Tots</i>	 Cheeseburger Heartzel Pretzels  <i>Mix veggies</i>
16	17	18	19	20
 Orange Popcorn Chicken Bowl w/Rice Fortune Cookie Fresh Stir Fry Veggies	Orange Popcorn Chicken Bowl w/Rice Fortune Cookie Fresh Stir Fry Veggies	Crispy Chicken Sandwich  <i>Carrots</i>	Macho Nachos  <i>Corn</i>	Cheeseburger  <i>Fresh Veggie Medley</i>
23	24	25	26	27
2 Crispy Chicken Tacos  <i>Pinto Beans</i>	Pasta Bake w/ Garlic Bread  <i>Peas</i>	Sweet & Sour Popcorn Chicken Bowl W/Brown Rice Stir Fry Veggies	Baked Potato w/ Broccoli and Cheese  <i>Carrots</i>	Cheeseburger  <i>Peas and Carrots</i>
<p><b>Milk: 1% white and Non-fat chocolate available</b></p>				



**Classic pepperoni & Sausage  
Pizza served daily  
On a whole grain crust**

**Daily Specials**

**Monday: Spinach & Ricotta Pizza**

**Tuesday: Meat Lovers Pizza**

**Wednesday: Philly Cheese Steak Pizza**

**Thursday: Bacon Cheeseburger Pizza**

**Friday: Chicken Alfredo w/Broccoli Pizza**

Items made with reduced fat cheese.  
Roma herb seasoning available daily.

**DID YOU KNOW...**

**Chartwells makes it easier than ever for students to make healthy food and beverage choices at school! Our menus:**

- Provide many deeply colored, nutrient dense, and fiber rich fruits and vegetables
- Provide many whole grain foods, such as brown rice and whole wheat
- Provide lean meats and plant based proteins
- Reduce unhealthy fats, sodium, and sugar
- Use earth friendly practices

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. **Menu Subject to change without notice. Questions Call (602) 523-5935**

**You may qualify for free or reduced price meals. Applications are available at the school's front office. For questions regarding the food service program you can call the food service office at (602) 523-5935**